

**RADIANT**

**BEST**  
TALENT MANAGEMENT STRATEGIES

*Presents Our*



***GROWTH MINDSET***  
**LEADERSHIP RETREAT**  
**MOHONK MOUNTAIN HOUSE**

*Luxury Mountain Resort*

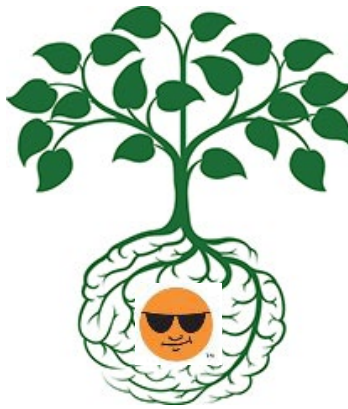
**New Paltz, N.Y.**

**November 8-10, 2024**



*“Challenges Help Us To Grow  
And Be My BEST”*

*“Failures are a Station for Reflection  
and Motivation During Your Journey  
to the Top”*



*“We are Organically Empowered to do  
Anything We Want”*

*“Success is the Result of Effort and Attitude”*

## **PUSH BEYOND YOUR LIMITS - EMBRACE A GROWTH MINDSET**

A unique and challenging experience that will allow you to be as productive, successful, balanced, and happy as you could and should be.

Your way of life should be your choice — no matter what you have experienced.

You can develop and grow your mindset at any age, stage, or point in your life, thus enhancing your life experience and improving your health, wellbeing, and happiness.

When you attend our **Growth Mindset Leadership Retreat** you will open and empower your mind, challenge yourself, and increase your awareness, spark creativity, and strengthen your body with innovative activities and exercises designed to passionately enhance your overall well-being. You will cultivate a growth mindset and increase your spirituality and passion for life!

As a participant and team member, you will become more cohesive, resilient, and productive. As part of the growth mindset process, you will elevate your cognition, creativity, and energy in this immersive, three (3)-day program designed by **B.E.S.T. Talent Management** and **RADIANT** to help you understand the benefits of and develop a growth mindset by enhancing your most basic abilities through a series of individual and group activities which foster dedication, hard work, renewed energy, and life balance.

This experience is an opportunity to regain and rejuvenate your life and positively transform your health.



## **GROWTH MINDSET LEADERSHIP RETREAT**

### **Welcome Reception and Tour**

Participants will enjoy a guided tour of the charming and luxurious Mohonk Mountain House on the shores of Lake Mohonk, and the majestic landscapes of the Catskill Mountains.



### **Understanding and Practicing Growth Mindset and Personal Growth Commitment**

Participants will understand the benefits of and develop a growth mindset by enhancing their most basic abilities through a series of individual and group activities which foster dedication and hard work. This experience emphasizes that brains and talent are just the starting point in life's journey towards success. This view creates a love of learning and a resilience that is essential for great accomplishment.

### **Group Networking Reception**

Participants can partake in ongoing networking experiences which will provide the following opportunities.

- ✂ Strengthen business connections
- ✂ Get fresh ideas
- ✂ Advance their careers
- ✂ Access new information
- ✂ Obtain career advice and support
- ✂ Build confidence
- ✂ Gain a different perspective
- ✂ Develop long-lasting personal relationships



## Leadership Principles and BEST Practices

Participants will experience a unique leadership approach designed for executives, teams, and individuals who seek and are committed to balance, discipline, integrity, high standards, growth, and optimal performance in business and in life.

## Fireside Chats on Various Topics

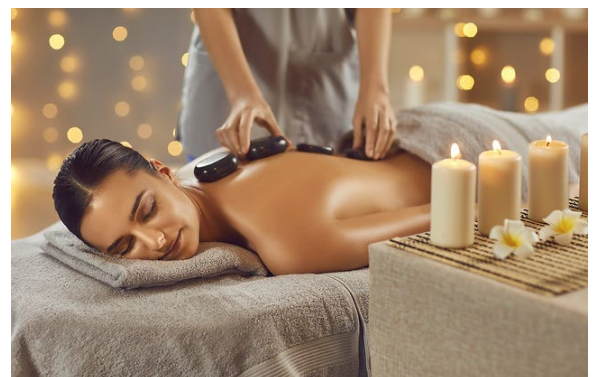
Participants will enjoy multiple fireside chats comprised of an interviewer and interviewees. These engagements will answer relevant questions on numerous topics to those in attendance. Since they are more unpredictable and on-the-spot than a traditional speech, they aim to provoke experiential stories alongside direct and practical advice through a conversational style thus contributing to growth mindset. Refreshments will be available.



## Health and Wellness Discovery and BEST Practices

Participants can discover and share health and wellness BEST practices in order to enhance -

- ✂ Quality of life
- ✂ Your health and wellness
- ✂ Social interaction
- ✂ Mental and emotional health
- ✂ Your career
- ✂ Financial status





### **Kali \ Escrima – The Filipino Martial Arts Wellness Features and Benefits**

Participants are introduced to and learn some of the basics of Kali. Kali \ Escrima originated in the Philippines and is one of the best ways to lose or burn calories without your realizing it. It is a conducive exercise program that develops and enhances various fitness components, primarily aerobics which improves your cardio. Kali provides invigorating exercise, improves cardiovascular function, and helps prevent Alzheimer's disease and Dementia. It is also a lot of fun and is one of the most practical forms of self-defense.



## Team Building Journey Mountain Hike

Participants can experience the physical benefits of hiking on a team-bonding activity on Mohonk Mountain. This journey will take participants out of their comfort zone and out of the usual environment where they establish their relationships. It will also provide challenges and growth experiences.



## Group Yoga

Participants can realize many of the benefits of yoga through group application. A group yoga class is one of the best ways to build community or Sangha. Additional benefits include -

- ✂ Meeting Like-Minded People
- ✂ Meditation Elements
- ✂ Increasing the Energy
- ✂ Building a Consistent Practice
- ✂ Increasing Confidence
- ✂ Increasing Motivation
- ✂ Improving Self-Care Hygiene
- ✂ Learning From One Another
- ✂ Finding the Right Fit



## Self-Defense Workshop

Participants can learn various techniques and strategies of the vast topic of self-defense through discussion and hands-on demonstrations. Benefits of our self-defense workshop are

- ✂ To Improve Awareness
- ✂ To Increase Self-Confidence
- ✂ To Improve Physical and Mental Health
- ✂ To Protect Yourself and Your Family
- ✂ To Enhance Social Skills



## Career Management Strategies and Solutions

Participants will learn BEST practices for career management and transitions including effective methodologies for self-assessment, career changes while leveraging networks and alliances and sharpening various necessary skills.

Individual and Cohort Coaching will also be available from our staff.

### CUSTOM AMENITIES

- ✧ Customized Welcome Package
- ✧ Complimentary Valet Parking
- ✧ Daily Gourmet Meals Included
- ✧ Large Heated Indoor Pool With Panoramic Mountain Views & Underwater Music
- ✧ Hudson Valley Spa and Salon (*various services and treatments available for additional fees*)
- ✧ Most of the Numerous Mohonk Mountain House Activities are Included for Overnight Guests with few exceptions such as Horseback Riding, Carriage Rides, Spa Services and Alcoholic Beverages.



# PERSONAL GROWTH & LEADERSHIP RETREAT

## SCHEDULE

### DAY 1 -Friday – Developing, Maintaining, Enhancing, and Leveraging Relationships

- ✧ Welcome Reception and Tour
- ✧ Group Networking Exercises
- ✧ Understanding Growth Mindset and Personal Growth Commitment
  - Defining Growth Mindset
  - Individual and Group Exercises
- ✧ Leadership Principles and BEST Practices
- ✧ Career Management Strategies and Solutions
- ✧ Mindfulness Exercise
- ✧ Fireside Chats on Various Topics



### DAY 2 -Saturday – Prioritizing Health and Wellness

- ✧ Practicing Growth Mindset and Personal Growth Commitment
  - Building Growth Mindset
  - Individual and Group Exercises
- ✧ Health and Wellness Discovery
  - Servant Leadership Principles and BEST Practices
  - Introduction to Kali \ Escrima and Exercises
  - Team Building Journey Mountain Hike
  - Group Yoga
- ✧ Mindfulness Exercises
- ✧ Fireside Chats on Various Topics



### DAY 3 -Sunday – Individual & Group Reflections and Commitments

- ✧ Practicing Growth Mindset and Personal Growth Commitment Review
  - Individual and Group Exercises
  - Practical Applications
- ✧ Self-Defense Workshop
- ✧ Action Plan
- ✧ Workshop Summary
- ✧ Individual & Group Reflections







### Available Packages

3 Days, 2 Nights - \$2,580 per person double occupancy

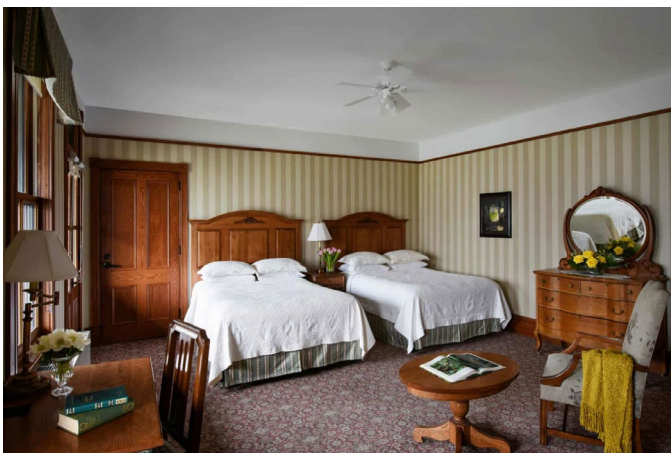
3 Days, 2 Nights - \$3,300 per person single occupancy

2 Days, 1 Night - \$1,980 per person double occupancy

2 Days, 1 Night - \$2,300 per person single occupancy

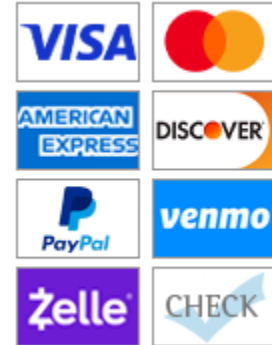
1 Day - \$475 per person

*At Mohonk Mountain House, there is no expectation of tipping.*



### Payment Options

- Check payable to BEST Talent Management Strategies
- Cash
- Credit \ Debit card - Visa-Mastercard-Amex-Discover
- Zelle - info@radiantsuns.com
- PayPal - payment@radiantsuns.com
- Venmo - @LGreg-Smith



### Payment Schedule (per person)

	<b>Due Date</b>	<b>Double Occupancy 3-Days 2-Nights</b>	<b>Single Occupancy 3-Days 2-Nights</b>	<b>Double Occupancy 2-Days 1-Night</b>	<b>Single Occupancy 2-Days 1-Night</b>	<b>1-Day</b>
Deposit	Mar 1, 2024	\$800	\$800	\$800	\$800	\$475
2nd	May 1, 2024	\$890	\$1,250	\$600	\$750	NA
3rd	Aug 1, 2024	\$890	\$1,250	\$580	\$750	NA

*A Fillable Registration Form to be returned can be found at*

[www.besttalentmgtstrategies.com](http://www.besttalentmgtstrategies.com)

*or call 908-500-2061 or 908-635-6130*

## CHALLENGE COURSES

### LOW ROPES INITIATIVE PROGRAM

The trolley, traffic jam, and blind walk encourage teams to work together as they navigate their way through these challenges.

### LOW ROPES ELEMENT PROGRAM

Held outside on our permanent Low Ropes Course, this elements program offers more physical challenges.

## SOCIAL ENTERTAINMENT

CAMPFIRE

PICTIONARY

STARGAZING

MOTORSPORTS CUP

TRIVIA NIGHT

MOHONK JEOPARDY

SIP 'N' PAINT

ART WORKSHOP

"MOHONK SAYS" GAMESHOW

MUSIC MADNESS GAMESHOW

## GUIDED ACTIVITIES

MINDFULNESS MEDITATION

GARDEN TOUR

ROCK CLIMBING

CARRIAGE RIDES

TOMAHAWK THROWING

HIKING

YOGA HIKE

GROUP FITNESS

CROSS-COUNTRY SKI TOUR

SNOWSHOE HIKE

BROOMBALL SESSION

BLACKSMITH DEMO

MOUNTAIN BIKE TOUR

MINDFULNESS HIKE

GREENHOUSE TOUR

ROCK SCRAMBLING

HORSEBACK RIDING

ARCHERY

SURVIVALIST HIKE

GROUP YOGA

PADDLEBOARD STRETCH

KICKSLED TOUR

SNOW TUBING

CURLING SESSION

BARN MUSEUM TOUR

MOHONK HISTORY TOUR



***GROWTH MINDSET***

**LEADERSHIP RETREAT**



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